

The Space We Make:

For Supporting Caregiving at Work

3 in 10

On Your Team

are involved in looking after or providing some form of care to children under the age of 15.
(Stats Can)

1.7 million

Across Canada

are "sandwich caregivers", simultaneously juggling care for both children and care-dependent adults.
(Stats Can)

1 in 5

In Any Year

are also navigating their own mental health challenges.
(CAMH)

Audit your Organization

- Can your team name the organization's family care benefits?
- Is caregiving safe to talk about in the workplace?
- What barriers exist?

Conversation Starters

- We know many of you are managing caregiving, what would help you feel more supported?
- What barriers keep you from using the benefits that exist?

4 Quick Wins

1

**Name your
benefits**

2

**Acknowledge
caregiving**

3

**Model Caregiving
Yourself if you can**

4

**Make one
policy shift**



**Opening
Minds**

MENTAL HEALTH
COMMISSION
OF CANADA

If You Are in Distress

If you are in distress or supporting someone in distress, call or text 9-8-8 at anytime. If it is an emergency, call 9-1-1 or go to your local emergency department.